

THE UNLIKELY DISCIPLE

CAUGHT SLEEPING | 7.4.21

TALK SHEET

KEY SCRIPTURE

³²They went to the olive grove called Gethsemane, and Jesus said, "Sit here while I go and pray." ³³He took Peter, James, and John with him, and he became deeply troubled and distressed. ³⁴He told them, "My soul is crushed with grief to the point of death. Stay here and keep watch with me." ³⁵He went on a little farther and fell to the ground. He prayed that, if it were possible, the awful hour awaiting him might pass him by. ³⁶"Abba, Father," he cried out, "everything is possible for you. Please take this cup of suffering away from me. Yet I want your will to be done, not mine." ³⁷Then he returned and found the disciples asleep. He said to Peter, "Simon, are you asleep? Couldn't you watch with me even one hour?" ³⁸Keep watch and pray, so that you will not give in to temptation. For the spirit is willing, but the body is weak." ³⁹Then Jesus left them again and prayed the same prayer as before. ⁴⁰When he returned to them again, he found them sleeping, for they couldn't keep their eyes open. And they didn't know what to say.

Mark 14:32-40

²⁶So I run with purpose in every step. I am not just shadowboxing. ²⁷I discipline my body (sarx) like an athlete, training it to do what it should.

1 Corinthians 9:26-27

3 MAIN POINTS

1. Watch Jesus
2. Listen to Jesus
3. Stop Making Excuses

IMPORTANT TERM

Sarx: grk. *Flesh, Spiritual Condition*

Select 1 or 2 questions from each section of this guide to lead your group or house church in a discussion. Feel free to adjust as needed. Each section is designed to follow each video segment of the message.

- **Video Section #1: Explore the Topic**
 - > Start it Out | Goal: Get people talking
- **Video Section #2: Explore what God says about the Topic**
 - > Talk it Out | Goal: Get the group talking about scripture
- **Video Section #3: Explore what we do with the Topic**
 - > Live it Out | Goal: Choose a question to encourage next steps
 - > Pray it Out | Goal: Lift of prayers, petitions, and praises

Start it Out | Goal: Get people talking

- Do you have any funny stories of sleep deprivation? If comfortable, share with the group.
- How tired are you? Not just physically, but emotionally and spiritually?

Talk it Out | Goal: Get the group talking about scripture

- Read **Mark 14:32-34**, What does Jesus' revelation in (v.34) tell us about his request of the disciples to "Stay here and keep watch with me.?"
- Read **Mark 14:38**, How do you believe watching and praying can help keep you from temptation?
- What does Jesus' teaching, "the spirit is willing, but the body is weak," mean to you?

Live it Out | Goal: Choose questions to encourage next steps

- Review the **3 MAIN POINTS** from the message and brainstorm ideas of how you can put each point into action this week.
 1. Watch Jesus
 2. Listen to Jesus
 3. Stop Making Excuses

Pray it Out | Goal: Lift up prayers, petitions, and praises

- How can we pray for you this week?
Take notes and follow up next week.